Activity Worksheet 7. ***Reflective Questions***

Name:_____ Section:_____ Date:_____ Group no._____

Direction: Read the questions below carefully and write your answer on the space provided.

On a scale of 1-10 kindly rate your onw wellness in terms of eight dimensions? Explain your answer. (10points)

What do you think is the significance of physical fitness testing in your own personal life, most especially during this time of pandemic? (10points)

Activity Worksheet 8. ***Knowledge Check***

Name:_____ Section:_____ Date:_____ Group no._____

I. Direction. Encircle the letter of the best answer that corresponds to the following questions or statements.

1. It a series of quantitative measurements of the muscle, bone, and adipose tissue used to measure the composition of the body
   a. Fitness Test b. Body Composition c. Assessment d. Anthropometry

2. In order for an individual to reduce risk of serious health problems, you have to achieve and maintain ideal Body Mass Index (BMI) which ranges _____ to _____.
   a. 30.0 to 34.99 b. below 18.5 c. 18.5 to 24.99 d. 25.0 to 29.99

3. Jennifer is a high school student who wants to learn how to swim. What health related components are primarily needed to develop to achieve her goal?
   a. Body Composition and Flexibility b. Coordination and Balance
   c. Power and Speed d. All of the above

4. In performing the different health related fitness tests, what is the top priority before proceeding to its actual performance?
   a. Warm-up b. Cool-down c. Proper Clothing d. Safety Precautions

5. In order to be successful in a triathlon competition, you must have high level of:
   a. Cardiorespiratory Fitness b. Health-related Fitness
   c. Skill-related Fitness d. b and c
   e. All of the above

6. Part of the human body that flexes the forearm at the elbow.
   a.deltoid b. trapezius c. biceps brachii d. deltoid and biceps

7. Skeletal mucle that draws thigh backward and flexes the knee.
   a.deltoid b. trapezius c. biceps brachii d. deltoid and biceps

The following physical fitness tests are done to measure:

8. Flexibility of the lower back and hamstring muscles on the back of the thighs.
   a. Push-up b. Coin Catch c. Curl-up d. Sit and Reach

9. Abdominal strength and endurance
   a. Standing long jump b. Crunches c. Coin Catch d. Shuttle run

10. Anthropometric measurements
    a. Height b. Waist Hip Ratio c. Arm Span d. All of the above

Performance Task 6

Health-Related Fitness Tests *(Pre-Test)*

Name:_____ Section:_____ Date:_____ Group no._____

Procedures

1. Read the direction of each of the health-related fitness described in the guide manual given.
2. Take tests that are possible to be conducted given the time, equipment, and the space available.
3. Be sure to warm-up before and cool down after the tests.
4. It is alright to practice the tests before trying them. However, you should decide ahead of time which trial you will use to test your health-related fitness.
5. After completing the tests, write your scores in the appropriate places in the results section.
6. Determine your rating for each of the tests from rating charts in the source materials by shading the circle that corresponds to your score.

Body Composition

Body Mass Index	Health Risk	Increased	Low	Very Low	Increased	High	Very High	Extremely High
	Classification	**Underweight**	**Acceptable**	**Acceptable**	**Overweight**	**Obesity I**	**Obesity II**	**Obesity III**
	Score							
	kg/m2_____	0	0	0	0	0	0	0

			Fitness Category				
CARDIO RESPIRATORY FITNESS			**Excellent**	**Good**	**Average**	**Fair**	**Needs Improvement**
Step Test							
15 sec recovery heart rate	_____	beats					
	VO_{2max} _____	mL/kg/min	0	0	0	0	0
FLEXIBILITY	**Score**		**High**	**Good**	**Marginal**	**Poor**	
Modified Sit and Reach							
Left	_____	inches	0	0	0	0	
Right	_____	inches	0	0	0	0	
Zipper Test (Finger Touch)							
Left	_____	inches	0	0	0	0	
Right	_____	inches	0	0	0	0	
Trunk Rotation (Optional)							
Left	_____	inches	0	0	0	0	
Right	_____	inches	0	0	0	0	
MUSCULAR STRENGTH &			**High**	**Good**	**Marginal**	**Poor**	

ENDURANCE					
Flexed-arm support *(static): Women in knee position and men in full support position*	_____ seconds	0	0	0	0
Curl-up/Crunches *Abdominal Muscles*	_____ repetitions	0	0	0	0

This is to acknowledge and certify that the data provided herein are true and correct.

_____
Signature over printed name/ Date
Student

_____
Signature over printed name/ Date
Witness/Guardian

The Four Fitness Zones

High-Performance Zone Reaching this zone provides additional health benefits and is important to high-level performance. However, high performance scores are hard for some people to achieve, and for many people high-level performance is not important. So reaching this zone may be more important to some than others.

Good Fitness Zone If you reach the good fitness zone, you have enough of a specific fitness component to help reduce health risk. However, staying active (in addition to reaching this fitness zone) is important.

Marginal Zone Marginal scores indicate that some improvement is in order, but you are nearing minimal health standards set by experts.

Low-Fit Zone If you score low in fitness, you are probably less fit than you should be for your own good health and wellness.

In two or three paragraphs, kindly describe your feelings about your current health-related fitness status. Comment on the areas in which you did well or did not well and the meaning of these findings. Moreover, briefly discuss your plan on how you will improve your current fitness level by the end of this semester.